



SCRAP TO SCRAP THE JAPS . . . In the great scrap rubber drive to keep the U. S. rolling, one of the big contributions in the Southland was made by Western Auto Supply Co., when it turned over 20,000 pounds of cast-off tires and tubes, according to E. E. Murchison, manager of the Torrance Western Auto Supply store. Photo shows part of the firm's 10-ton contribution being unloaded at one of the many mountains of scrap. Western Auto stores turned in a total of more than 50,000 pounds of scrap rubber, Murchison said.

Vitamin Wise By H. R. Hoskins

AMINO ACIDS DEFINED, EXPLAINED

The word vitamin is derived from two words: one the Latin "vita" meaning life, and the other "amine", a chemical term which relates to the amino acids. Long before the introduction of vitamins, certain ammonia-like chemicals in meats and proteins known as amino acids were considered essential to life.

Some 22 different amino acids are found in meats and proteins and at least nine of them are acknowledged as being absolutely necessary for the maintenance of good health. Early nutritionists (1850) generally presumed that the food of the adult and growing child furnished adequate amounts of the required amino acid elements, because of the meat intake. It was noticed, though, that the diets of the poorer classes (for whom meat was a luxury) were undoubtedly lacking in some important requisite, because a very large proportion of these people suffered from faulty nutrition.

Gelatin Becomes Popular

Since the nutrient value of meats and proteins was derived from the amino acid compounds it was theorized that a food substance which contained amino acids could be successfully employed as a meat substitute. Gelatin was selected as a practical and ideal source of these acids because it was cheap and easily obtainable. Its chief constituent, glycine, being the amino derivative of the acetic acid of ordinary vinegar.

The use of gelatin as a replacement for meats and proteins rapidly gained popularity and soon became almost universal. The practice even received the endorsement of the French government. Funds were appropriated for purchasing and distributing it to the people of France who could not afford to buy this newly discovered staff of life.

Caused Malnutrition

Scientific research soon brought to light the fact that gelatin did not constitute a true substitute for meat in that it did not furnish two highly important amino acids, tryptophane and tyrosine, and was deficient in a third, cystine. In spite of these reports gelatin was employed and it was assumed the glycine and other components could compensate for the nutritional value of its deficient amino acid elements.

It was soon apparent however, that such an assumption was erroneous. Many people who had been substituting large amounts of gelatin as a meat substitute collapsed due to malnutrition. The reports of Marendie quickly followed in which he stated gelatin was not only without food value but that it tended to reduce the value of other food substances when fed in combination with them.

This tragic failure of the gelatin diet resulted in a marked diminution of interest in the science of nutrition.

Too Hasty Application

Later (1905) Kaufman, experimenting on dogs, proved that if meat was substituted with gelatin plus tryptophane, tyrosine, and cystine, a balanced state of nutrition could be maintained. Kaufman confirmed his conclusions by himself sustaining a normal state of health while subsisting on a diet of gelatin and these supplements. It is to be noted that the early nutritionists referred to had not over-emphasized the true value of amino acids, but that the unfortunate results recorded arose from the hasty application of conclusions which were based upon incomplete knowledge.

(NEXT WEEK: What do you know about scurvy? H. R. Hoskins gives the history of this disease and how it is conquered by fresh fruits and vegetables—in addition to the traditional lime-juice in his article next week.)

END VACATION

Mr. and Mrs. W. H. Ambach returned Saturday from a week's vacation spent at Reno, Sacramento and Yosemite National Park.

ABOUT THE AUTHOR . . .

The serial manuscript titled "Vitamin Wise," the first installment of which is published in the adjoining column, is the culmination of an extensive search into files and data available on vitamins and reports relative to the use of these important nutritional factors.

The material as it is to be presented in weekly installments by The Herald, was compiled by H. R. Hoskins, Ph. G., and his associate, J. G. Pempengco, M. D. Dr. Pempengco served as staff member of the Quezon Institute Tuberculosis Sanatorium in the Philippines and it was during Hoskins' stay in the Far East that he became associated with the physician.

Hoskins is a graduate of the University of Montana School of Pharmacy and is a registered pharmacist in California. He has been actively engaged in the practice of pharmacy and in associated enterprises for the past 15 years. He has been a resident of California since 1929 with the exception of the four recent years spent in the Orient. His background of experience together with his travelled knowledge well equipped Hoskins to author the series of articles on "Vitamin Wise" with reference to the early history of the presently accepted important nutritional elements.

At the present time Hoskins is associated with a local Torrance drug store and he has selected Torrance as his permanent residence for himself and his family. During his period of service in the Philippines, Hoskins served as an associate editor of the leading medical journal.

U.S.C. Offering Musical Aid Plan for Children

Announcement of a "musical aid plan" to aid parents in determining the aptitudes and abilities of their children, without obligation, was made yesterday by the School of Music at the University of Southern California.

Classes will begin next Saturday at 9 a. m. offering consultation with parents to determine the interests of their children in piano, stringed and wind instruments. Following, ten gratis lessons given three days weekly for a period of three weeks, will aid the S. C. facility in determining the abilities of the children, according to Dr. Max T. Krone, who is directing the project.

Candid Recommendations
Instructors will include Adelaide Trowbridge Perry for piano, Edwin Jones for violin, viola, cello, and bass, with William Gould conducting the classes in orchestral and band instruments.

"Chronological age of the child is not always so important," Dr. Krone said, "although the majority are sufficiently developed at the age of nine to determine their aptitudes. At the end of the trial period, candid recommendations will be given by the faculty and the parent is at liberty to discontinue his child's lessons or have him continue with any teacher, anywhere.

ON FISHING TRIP

Mrs. Auguste Barnett returned Sunday from a fishing trip with friends at June Lake.

Public Transportation Problem Grows as Cars Forced Off Roads

By the end of this month 12 per cent of all the automobiles on the streets and highways today will be out of service. Long before the end of the year, cars put up for the duration will total 35 per cent of those now in use.

The really big slump will come then, for a year from today the roads will be cleared of three-quarters of all private transportation, and in two years the current highway safety problem will have vanished—for with 96 per cent of present automobiles stowed away in moth-balls, the roads will be practically deserted.

Commission spokesman, such is the picture in prospect—a direct by-product of the rubber shortage.

To millions of people only just beginning to wonder how in the future they'll get where they're going and back again, the situation appears as a personal transportation problem.

But it is greater, graver far than that.

By July, 1943, "when the public is finally convinced that no rubber will be obtainable" the entire population will endeavor to utilize public transportation. That will be a mass problem—and a big one.

Game Wardens Will Patrol on Horses

Wherever it is feasible, law enforcement officers of the California State Division of Fish and Game will use horses while on patrol. Although fish and game wardens, for the present, at least, cannot secure tires, they will not relax their vigilance and protection of wild life.

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Foursquare Church Revival Continues

Under direction of Rev. Milton A. Smith, evangelist, the revival at the Torrance Foursquare Gospel church is continuing this week with outstanding success, according to the local pastor, Rev. Ben Griffith. The attendance has grown steadily at the evening meetings, he said.

Red Cross Combines Appeals into One Campaign for 1943

Norman H. Davis, chairman of the American Red Cross, has announced that the Red Cross had decided to hold its next membership and fund raising campaign in March of 1943. The decision means that the Red Cross will not conduct a membership Roll Call this November and instead will hold a combined war fund and Roll Call campaign in March of 1943.

Townsend Club Activities By BETH PAIGE

The Patriotic Rally July 4 at Redondo Park, brought clubs from as far away as Redlands. The Bond-and-Stamp selling drive went over fine. The local Townsend Club No. 1, through three of its members, Mrs. Lura Davis, Mrs. Alberta Bouldin and Mrs. Beth Paige, contributed \$27.

Tomorrow night we shall stage our usual dance and social. Every one is welcome.

AT CRESTLINE

Mrs. W. H. Rojo, Jr., and daughter, Pat, are enjoying an extended vacation at Crestline.

Cuba has an area of 44,000 square miles—about the size of Pennsylvania.

The sun gives as much energy in one minute as mankind uses in a year.

Kin hwa, capital of China's Chekiang province, is a walled city with eight gates.

YOUR SAVINGS AT COAST FEDERAL

PLACED HERE BEFORE JULY 10—receive earnings from July 1—work for you at higher earnings with safety—Federally insured.

A SAFE DEPOSIT BOX—in continuously open vaults with new accounts of \$300 or more.

OPEN YOUR ACCOUNT TODAY—IN PERSON OR BY MAIL.

Joe Brail
PRESIDENT

COAST FEDERAL SAVINGS

EIGHTH AND BROADWAY • TELEPHONE MICHIGAN 4343
THE LARGEST IN THE WEST—ASSETS OVER \$18,000,000.00

It's a good thing we spent \$600,000,000 in the hard depression years

The 1930's were tough years in the steel business. Stockholders were getting no dividends. Some years showed huge net losses. Many people said: "The country is over-built. It has more steel plants than it can use."

Right in that lean period United States Steel decided to invest \$600,000,000 in putting its plants into tip-top condition, and adding some big ultra-modern plants.

There was no talk of war then. This plant investment was made simply on faith in the future of the country. The United States always had come back; it would again.

How fortunate for America at war that this \$600,000,000 was invested.

War production is months ahead of where it would be otherwise.

United States Steel's production this year will surpass the peak year of 1929 by more than six million tons.

United States Steel's production of ship plates is greater today than the ship plate capacity of the entire steel industry in 1939.

The manufacturing plants of the United States Steel Corporation alone produce more steel than Germany. But we are still not satisfied. We are still expanding war production.

The above report of progress is presented in the public interest. This is the people's war. The people are entitled to these facts.

UNITED STATES STEEL

OPERATING COMPANIES:

AMERICAN BRIDGE COMPANY • AMERICAN STEEL & WIRE COMPANY AND CYCLOPE FENCE DIVISION • BOYLE MANUFACTURING COMPANY • CARNEGIE ILLINOIS STEEL CORPORATION • COLUMBIA STEEL COMPANY • FEDERAL SHIPBUILDING & DRY DOCK COMPANY • H. C. FRICK COKE COMPANY • MICHIGAN LIMESTONE AND CHEMICAL COMPANY • NATIONAL MINING COMPANY • NATIONAL TUBE COMPANY • OIL WELL SUPPLY COMPANY • OLIVER IRON MINING COMPANY • PITTSBURGH LIMESTONE CORPORATION • SCULLY STEEL PRODUCTS COMPANY • TENNESSEE COAL, IRON & RAILROAD COMPANY • UNITED STATES STEEL EXPORT COMPANY • U. S. COAL & COKE COMPANY • UNIVERSAL ATLAS CEMENT COMPANY • VIRGINIA BRIDGE COMPANY

